



WHATSheATE



Roasted asparagus, pancetta & cherry tomato pasta

READY IN



25 min.

SERVINGS



4

CALORIES



672 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 400 g penne pasta
- ☐ 500 g asparagus trimmed cut into 3 pieces
- ☐ 2 tbsp olive oil
- ☐ 6 slices pancetta snipped
- ☐ 200 g cherry tomatoes halved
- ☐ 1 handful basil good
- ☐ 4 servings parmesan grated

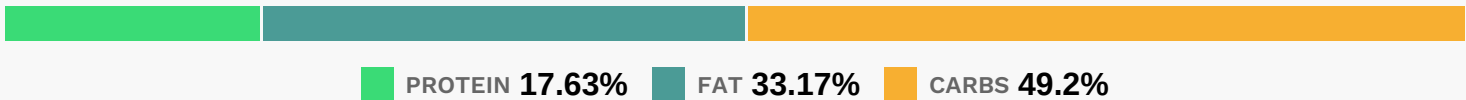
Equipment

- ☐ bowl
- ☐ oven

Directions

- ☐ Heat oven to 200C/fan 180C/gas
- ☐ Boil the pasta in salted water.
- ☐ Put the asparagus into a roasting tin, then toss with the oil and pancetta. Roast for 10 mins until the pancetta starts to crisp up, stir in the tomatoes, then cook for 5 mins more.
- ☐ Drain the pasta, then add to the roasting tin along with the torn basil leaves and seasoning. Stir well until everything is glistening, then serve in bowls, scattered with grated Parmesan.

Nutrition Facts



Properties

Glycemic Index:42.75, Glycemic Load:30.99, Inflammation Score:-9, Nutrition Score:28.299130170242%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 7.13mg, Isorhamnetin: 7.13mg, Isorhamnetin: 7.13mg, Isorhamnetin: 7.13mg Kaempferol: 1.74mg, Kaempferol: 1.74mg, Kaempferol: 1.74mg, Kaempferol: 1.74mg Quercetin: 17.83mg, Quercetin: 17.83mg, Quercetin: 17.83mg

Nutrients (% of daily need)

Calories: 672.16kcal (33.61%), Fat: 24.8g (38.16%), Saturated Fat: 9.02g (56.35%), Carbohydrates: 82.77g (27.59%), Net Carbohydrates: 76.59g (27.85%), Sugar: 6.51g (7.23%), Cholesterol: 34.26mg (11.42%), Sodium: 633.78mg (27.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.66g (59.31%), Selenium: 77.3µg (110.43%), Manganese: 1.18mg (59.05%), Vitamin K: 60.3µg (57.43%), Phosphorus: 506.72mg (50.67%), Calcium: 413.7mg (41.37%), Vitamin A: 1457.95IU (29.16%), Copper: 0.58mg (29.15%), Iron: 4.7mg (26.12%), Fiber: 6.18g (24.73%), Vitamin B1: 0.36mg (23.77%), Folate: 91.94µg (22.98%), Magnesium: 91.04mg (22.76%), Vitamin C: 18.49mg (22.41%), Zinc: 3.23mg (21.55%), Vitamin B2: 0.36mg (21.43%), Vitamin B3: 4.12mg (20.59%), Vitamin E: 2.97mg (19.81%), Vitamin B6: 0.38mg (18.96%), Potassium: 655.22mg (18.72%), Vitamin B5: 1.09mg (10.91%), Vitamin B12: 0.47µg (7.75%), Vitamin D: 0.23µg (1.56%)